

MONTHLY BOARD MEETING MINUTES

September 28, 2015

Mental Health Board

Members in Attendance

Bond, Yvonne
Cleveland, Cheryl
Cowen, Jeff
Dickinson, Will
Holmes, Jim
Jarvis, Debra
O'Meara, Janet
Thickens, Theresa

Staff and Guests

Abrahamson, Twylla
Bartely, David
Bauman, Maureen
Behrens, Sharon
Burke, Cami
Coppie, Katrina
Coram, Daniel
Lane, Michael
Osborne, Marie

Absent Members

Stanners, Sharon

Welcome and Introductions

Theresa Thickens, Chairperson of the Mental Health, Alcohol and Drug Board (MHADB), called the meeting to order at 6:15 p.m. Members and guests were welcomed and introductions were made.

❖ Board Protocol (Non-Board Member Participation) – Read by Yvonne Bond

- This item is designed to clarify, for new attendees, the role of non-board members and their participation while attending the Mental Health, Alcohol and Drug Board (MHADB) meetings.
- The MHADB encourages public input in all of its meetings. In order to facilitate this, we allow for public input two times – once at the beginning of the agenda and once at the end. These times are for those items that do not appear on the agenda. For items that are on the agenda, the Board will allow time for input from the public at the time the item is heard by the Board. Input guidelines are as follows:
 - a. All remarks shall be addressed to the Board as a body and not to any member of the board or staff.
 - b. No person, other than a member of the Board and the person having the floor shall be permitted to enter into any discussion without the permission of the chairperson.
 - c. For items not on the agenda, each person is limited to three (3) minutes of comment during the Public Comment Period(s.)
 - d. For items on the agenda, each person is limited to five (5) minutes of comment during the agenda item, unless time is extended by the chairperson
 - e. For items on the agenda, if there is a person speaking on behalf of a group, with no other comments by another member of that group, please identify yourself as such and your time may be extended at the pleasure of the chairperson.
 - f. Total discussion time on any item may be limited by the chairperson to ensure that all of the business on the agenda is completed no later than 8:00 p.m.

❖ Group Discussion: Review of all Committees' Goals and Input from Members and Committees on Guest Speakers/Trainers FY 15-16

Goals:

- Executive Committee:
 - 1) Create a tickler file for the Executive Committee to track functions /activities /events, etc.
 - 2) Develop a marketing process for the MHAOD Board
- Alcohol and Drug Committee:
 - 1) Continue following what is going on with the criminal justice system and the use of split sentencing
 - 2) Follow the 1115 Waiver
 - 3) Continue to be educated about and follow the heroin epidemic in Placer County
 - 4) Continue to follow, educate and advocate co-occurring competencies and how it is or is not fitting in with AOD treatment
 - 5) Increase the visibility of the Alcohol and Drug Committee to get new committee members and look at what the committee can do in the community to become more visible and make a meaningful impact

- Quality Improvement Committee:
 - 1) Educationally related mental health services
 - 2) Increase outreach activities by the Board and committees to improve public participation
 - 3) Modernize some of the data we keep about test calls and contacts board members make
 - 4) Elevate visibility and education about outcomes data to make sure folks are comfortable with what that data means
- Children's Committee:
 - 1) Follow the development of the Sprouts Program (Trauma Informed Care pre-school)
 - 2) Receive training on issues surrounding psychotropic medication use with foster children and review the procedures in Placer County
 - 3) Review/analyze CSOC programs to ensure competent trauma informed care
 - 4) Review/analyze CSOC programs to ensure competent early intervention/prevention of childhood mental health issues
 - 5) Look at possible connections between mental health or drug/alcohol use in sexually exploited youth
 - 6) Receive training on the Dependency Mental Health requirements and monitor Placer County's compliance
 - 7) Continue the work with the QI Committee in looking at the schools and how they are treating their students with mental health issues
- Adult Services Committee:
 - 1) Most concerned about what is being done for the people who have the most disabling mental health challenges
 - 2) Gather data around concerns about the quality/qualifications of the providers who serve our more challenging population
 - 3) Look into the shortage of quality housing
 - 4) Family involvement – start a survey of people who provide information and involve them in treatment
 - 5) Work together with the QI Committee to better understand the data
 - 6) AOT – continue to monitor

Secretary/Treasurer's Report

- **Approval of the August 24, 2015 Regular Board Meeting Minutes** – Minutes approved as distributed.
- **Approval of Treasurer's Report - \$1,500 - Amount budgeted for Fiscal Year 15-16.**
Expenditures for the month of August included: \$64.98 for food purchased, leaving a balance of \$1,383.58. Balance is accepted as presented.

Standing Committee Reports

- ❖ Executive Committee
 - No action taken.
- ❖ Alcohol and Drug (AOD) Committee – David Bartley reported on behalf of Sharon Stanners
 - Ms. Stanners activities included visiting two of Koinona's programs: Residential Substance Abuse Treatment Program, noting the comprehensive nature of the program and visited the Crisis Resolution Center, a wonderful alternative for young children in crisis to get immediate support, direction and care.
 - Attended a provider's meeting; the highlight was a brief talk with the Sierra Native Alliance representative, sharing the philosophy of treating and knowing the whole person – body, mind and soul.
 - Debra Jarvis reported information she received from Amy Ellis. Attendance was low at the Recovery Happens Event.
 - Gift card program, for the ladies who were burned out of their New Leaf transitional housing, raised \$3,900.
- ❖ Quality Improvement – Theresa Thickens
 - The triennial audit preparations are in full swing. The audit takes November 2 – 5, 2015. It will review procedural activities, and documentation demonstrating those procedural activities and compliance, as well as chart reviews. A new group is conducting the audit.
- ❖ Children's Committee – Will Dickinson
 - The committee discussed the use of psychotropic medications in foster youth. There has been much interest and many media articles on the problem of over prescribing of these medications in the foster youth community – particularly in group homes. The state has made some decisions that have affected people's ability to get their medications filled. This could be a big problem for those children who need their medications. Noted a big reduction in the state's approval of the TARs (Treatment Authorization Request).
 - The committee will bring Twylla Abrahamson back in six month to get a progress update.

- ❖ Adult Services Committee – Janet O'Meara
 - Noted there will be a change in the committee's meeting time. No date and time has been determined.
 - When confirmed, Janet O'Meara will provide the information to Janna Jones for distribution.
 - Provided an update subsequent to meeting with Turning Point (TP).
 - Yvonne Bond reported TP being receptive to concerns of parents and consumers. TP has agreed to meet once a month and are committed to making some changes.
 - Reported on her ride along with law enforcement in Roseville and recommended it to other members.
 - Ms. O'Meara plans a trip to Taylor House (transitional housing and services for women who have aged out of foster care) regarding their transition age women.
 - She will send out an email soliciting interest.

BOS-Representative

- ❖ Supervisor, Jim Holmes reported on the following:
 - Gave a report on the Multi-Generational Community Center feasibility study.
 - Earlier this month, the BOS adopted their budget of \$816 million - a pretty significant increase from last year's budget. We received \$10 million dollars in SB90 funding from the state. The majority of this money was put towards our post-employment retiree benefits (healthcare insurance), currently in a trust fund with CalPERS, making us 71% funded. The fund will most likely be completely funded within the next 12 years.
 - Right Hand Auburn, at tonight's meeting, will ask the City Council to contribute funding for the homeless shelter project (in Dewitt). The suggested amount is over \$800,000 per year.

Correspondence and Announcements

- ❖ Theresa Thickers, reported on the receipt of the following:
 - Debra Jarvis announced she is moving to Boston Friday, October 2nd.
 - Theresa Thickers announced the collaboration with Coalition for Placer Youth. There is a family forum group in Lincoln that will be working with the school districts, Latino Leadership Council and Coalition for Auburn and Lincoln Youth discussing various topics.
 - First forum takes place in November (two sessions) on *parent and teen stress and communication*.
 - The Board is listed as one of the contributors to this event.
 - November 12th session is in Spanish.
 - November 19th session is in English.
 - Suggestion made to have the events placed on YouTube.
 - Roseville, joining Rocklin, has now passed a Social Host Ordinance. It's a mandate for adults that are hosting a party to ensure alcohol and other drugs are not used and/or provided to minors. There are significant fines related to violation of the ordinance.

Director's Report

- ❖ Maureen Bauman reported on the following:
 - The Board should schedule Twylla Abrahamson periodically to get a Children's System of Care update/report.
 - Shared her appreciation for the Adult Services Committee - all their effort in continuing to ask about family involvement. It is an area of shortfall in our system and an area we are aware of and have been working on.
 - Reported back on her meeting with TP – reviewed where they were related to some of the practices, reviewed their current contract and met the new psychiatrist.
 - Continuing to work on the SAMHSA grant (integrating physical and mental health) and getting the contracts in place.
 - Provided details on one contract that was not completed in time for inclusion on the agenda. The contract is with Sadoutounnissa Meer, M.D. to provide after-hours psychiatric services.
 - The contract will go to the Executive Committee for approval.
 - On the alcohol and drug side, the courts received a mini grant for a collaborative court coordinator (for all of the courts). The court selected one of ASOC's full-time employees who will dedicate half his time for this position.
 - Reported on ASOC's off-site meeting with supervisors, managers and seniors. The focus was on trying to keep staff engaged, hearing their ideas about how to improve our system and how to work through a process for implementation.

Unfinished Business

- ❖ Recruitment/Visibility (*Standing Agenda Item*)
 - Drafted a blurb for inclusion in the Placer County E-News about MHADB vacancies and how to get involved.
 - Looking at other newsletters for inclusion, e.g. CCW, Placer Coalition for Youth.
 - Looking for input on other electronic newsletters for inclusion of the blurb.
 - If sending to agencies, Maureen Bauman reminded members that they can't have a contract with Placer County on mental health or alcohol and drug side and sit on the MHADB. Those individuals could sit on the committees but not hold a position on the Board.
 - Developed some side bar type information that can go on standard of flyers, taking up any white/blank space to increase our visibility effort.
 - Theresa Thickens shared some quick visibility ideas she used while representing the MHADB at the Mud Run.
- ❖ Update on Tri-fold Flyer (Mission/Vision)
 - The flyer received an additional "facelift" while at the Placer County print shop.
 - In the next addition, we will include pictures of board members.
- ❖ California Association of Local Behavioral Health Boards and Commissions Update
 - Janet O'Meara provided a brief summary on the association.
- ❖ Update on Input Received on 2015 Data Notebook
 - Marie Osborne collected the information from the Board and moved it forward, sending an electronic copy to all members.
 - Theresa Thickens read aloud the response from the Department of Health Care Services (Mental Health Council) regarding receipt of the Data Notebook.
- ❖ Use of Survey Monkey for Notice of Contact Form [NOTE: This topic is to discuss Survey Monkey related to "test calls"]
 - The County has allowed the use of the Survey Money for the test call.
 - Marie Osborne shared how the process will work for test calls.
 - Ms. Osborne noted some of the significant changes, including what we are now required to track and the need to provide quarterly reports to the state.
- ❖ Report Out from Recovery Happens Event and Mud Run
 - Board members and the public reported out on their experience at both events.
 - Reported over 600 participants attended the Mud Run.
- ❖ Update on Annual Report for FY 14-15 to the Board of Supervisors
 - Not covered.

New Business

- ❖ Vote on Appointment of David Bartley, Consumer Member, to the MHADB [**Action Item**]
 - The Executive Committee interviewed David Bartley and recommends his appointment to the MHADB.
 - David Bartley provided a brief history and his interests related to the Board.

Jeff Cowen made a motion to accept the appointment of David Bartley to the MHADB, Debra Jarvis seconded. Motion approved.
- ❖ Contracts [**Action Item**]
 - Maureen Bauman provided an overview of the below contracts. Contracts are available for review upon request.
 - ☐ Mandated Medically Necessary Mental Health Services
 - ☐ SAMHSA Grant Award for Integrated Health and Mental Health - AMIH
 - ☐ SAMHSA Grant Award for Integrated Health and Mental Health - Nancy Callahan, I.D.E.A.
 - ☐ SAMHSA Grant Award for Integrated Health and Mental Health – Budget Revision
 - ☐ SAMHSA Grant Award for Integrated Health and Mental Health – Turning Point Community Programs, Inc.

Debra Jarvis made a motion to approve the above contracts, Yvonne Bond seconded. Motion approved.

Board Member Comments

- ✧ Debra Jarvis encouraged members to continue her march to make sure young parents get linked into getting their GED
- ✧ Janet O'Meara shared her appreciation for Debra Jarvis's service on the Board.
- ✧ Will Dickinson noted he will be attending a Child Abuse Prevention Collaborative meeting Wednesday in Rocklin.

Public Input

- ✧ Katrina Copple thanked all for the success of the recent Recovery Happens event.
- ✧ Michael Lane mentioned an article in the Sacramento Bee by Darrel Steinberg (Steinberg Institute) - proposing a bond for \$5 million to be taken from MHSA for housing. As Consumer Affairs Coordinator, he's interested in more housing.

Adjournment

- The meeting was adjourned at 8:20 p.m.
- Monday, October 13, 2015 (TUESDAY) at 4:00 p.m. is next Executive Committee meeting (ASOC).
- Monday, October 26, 2015 is the next Board meeting taking place in the HHS Adult System of Care Large Conference Room, 11533 C Avenue (Dewitt), Auburn.

Secretary/Treasurer, Mental Health, Alcohol and Drug Board